

Cookies

- Individual Cookies..... \$2.75
- 8-Pack..... \$9.50
- Mindful Cookie Dough..... \$9.50
- Coconut Crisp
- Chocolate Chip
- Chocolate Coconut Crisp
- Peanut Butter
- Oatmeal Raisin
- GingerSnap

Mindful Minis



\$5.50

- Chocolate Chip
- Chocolate Coconut
- Coconut Crisp
- GingerSnap

Sausage Rolls

- Individual..... \$3.50
- Dozen..... \$34.00
- Cocktail Dozen..... \$12.00

Meat Pies

- Individual (5 inches)..... \$8.50
- Chicken
- Beef
- Steak & Kidney

Soup

- Small..... \$4.50
- Large..... \$8.00
- Chicken Noodle Soup
- Beef Barley Soup
- Cream of Celery Soup



Squares and Cakes

- Raspberry Squares 8 x 9 inches \$15.50
- Lemon Bars 9 x 13 inches \$25.50
- Carrot Cake
- Brownie
- Date Squares Nanaimo Bars
- Black Bean Brownie 8x8 inches \$19.50
(Dairy and Gluten Free) 9x13 inches \$33.50

Quiches

- Bacon 5 Inches \$8.50
- Seafood 9 Inches \$16.50
- Spinach & Feta Cocktail Dozen \$15.00

Party Platters

- Assorted Dessert Tray \$66.00
(40 pieces)



@themindfulmouthful



(250) 746-4135 ext 226



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themindfulmouthful.ca

Dog Treats!!

Small \$2.00

Large \$3.00

★★Discount - 12%
off all items for
Seniors (60+),
Students, PwD★★